



# REDUCE YOUR RISK IN 2006

## January *Then and Now*

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## February *Secure it Now!*

S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28				

## March *Make A Plan*

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19	20	21	22	23	24	25
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## April *Make Disaster Kits*

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9	10	11	12	13	14	15
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## May *Is Your Place Safe?*

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28	29	30	31			

## June *Drop, Cover, and Hold On*

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## July *Check it Out!*

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30	31					

## August *Communicate and Recover!*

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## September *Back to School*

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## October *Fire and Ice*

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## November *Test Your Plan*

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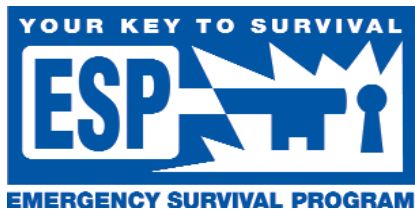
## December *Lend a Hand*

S	M	T	W	T	F	S
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31						

Developed by the County of Los Angeles and coordinated by the Counties of Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura; the Governor's Office of Emergency Services; Southern California Edison; the Southern California Earthquake Center and the American Red Cross.

[www.espfocus.org](http://www.espfocus.org)

For more information call: Joyce Harris, Los Angeles County, Office of Emergency Management, (213) 974-1166



**Use the Emergency Survival Program (ESP)'s new list of monthly steps as your guide for preparing for the possibility of a major earthquake, terrorist incident or other emergency.**

**Additional information is available in the monthly ESP Focus information sheets at [www.espfocus.org](http://www.espfocus.org).**

*Additional campaign materials are available through your local City/County Office of Emergency Services*

**[www.espfocus.org](http://www.espfocus.org)**

## **January** ***Then and Now***

In large regional earthquakes, such as the 1906 San Francisco earthquake, or the terrorism acts of September 11, 2001, emergency response agencies might be overwhelmed. You, your neighbors, co-workers and classmates may be forced to take actions on your own. Take time now to learn about what happened then and how it can prepare you for the safety actions to take now.

## **February** ***Secure It Now!***

Reducing and/or eliminating hazards throughout your home, neighborhood, workplace and school can greatly reduce your risk of injury or death following the next earthquake or other disaster. Conduct a "hazard hunt" to help identify and fix things such as unsecured televisions, computers, bookcases, furniture, unstrapped water heaters, etc. Securing these items now will help to protect you tomorrow.

## **March** ***Make A Plan***

Planning for an earthquake, terrorist attack, or other emergency is easier than you think. Make sure that your emergency plan includes evacuation and reunion plans; your out-of-state contact person's name and number; the location of your emergency supplies and other pertinent information. By planning now, you will be ready for the next emergency.

## **April** ***Make Disaster Kits***

Everyone should have disaster supplies kits stored in accessible locations at home, at work and in your vehicle. Having emergency supplies readily available can reduce the impact of an earthquake, a terrorist incident or other emergency on you and your family. Your disaster supplies kits should include food, water, flashlights, portable radios, batteries, a first aid kit, cash, extra medications, a whistle, fire extinguisher, etc.

## **May** ***Is Your Place Safe?***

Most houses are not as safe as they could be. Whether you are a homeowner or a renter, there are things that you can do to improve the structural integrity of your home. Some of the things that you might consider checking include inadequate foundations, unbraced cripple walls, soft first stories, and unreinforced masonry. Consult a contractor or engineer to help you identify your building's weaknesses and begin to fix them now.

## **June** ***Drop, Cover, and Hold On!***

Learn what to do during an earthquake, whether you're at home, at work, at school or just out and about. Taking the proper actions, such as "Drop, Cover, and Hold On", can save lives and reduce your risk of death or injury. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are at the beach, move to higher ground.

## **July** ***Check It Out!***

One of the first things you should do following a major disaster is to check for injuries and damages that need immediate attention. Make sure you are trained in first aid and in damage assessment techniques. You should be able to administer first aid and to identify hazards such as damaged gas, water, sewage and electrical lines. Be prepared to report damage to city or county government.

## **August** ***Communicate and Recover!***

Following a major disaster, communication will be an important step in your recovery efforts. Turn on your portable radio for information and safety advisories. If your home is damaged, contact your insurance agent right away to begin your claims process. For most Presidentially declared disasters, resources will also be available from federal, state, and local government agencies.

## **September** ***Back to School***

Schools should have emergency plans to meet the threat of terrorism, earthquakes and other emergencies. They should be updated and exercised regularly. Emergency supplies, such as water, food and other basic items, are also an important part of school preparedness. If you are a parent or guardian, know your child's school emergency plan and make sure they have your updated emergency contact information.

## **October** ***Fire and Ice***

Preparedness is the key to surviving wildland fires and lethal winter storms. Timely preparation, including structural and non-structural measures to avoid the impacts of wildland fires and severe winter weather, can help reduce heavy repair expenditures following an event. Also remember to keep your car and other vehicles fueled and in good repair in case you are asked to evacuate. Have your emergency survival kit ready to go with you, just in case.

## **November** ***Test Your Plan***

One way to find out how well your emergency plan is going to work is to practice it. Plan a drill based on a possible earthquake, fire, terrorist attack or other disaster. Testing your plan this way will help you to identify and correct any weaknesses before a real emergency occurs. It will also help members of your family or group feel confident in being able to work together. Remember—Practice Makes Perfect!

## **December** ***Lend a Hand***

Local fire, law enforcement, medical services and other personnel might be overwhelmed and unable to assist you after a damaging event. You may be asked to lend a hand. There are many programs, such as the Community Emergency Response Team (CERT) program and the American Red Cross that can provide valuable training for you and your family. Learn about these and other resources now.